

CHUNK LIGHT TUNA

IN WATER, CANNED

for use in the USDA Household
Commodity Food Distribution Programs

Product Description

Tuna is fully cooked and can be eaten cold right out of the can or added to your favorite recipe to be served either hot or cold.

Pack

The 12-ounce can contains about 1½ cups of tuna.

Storage

- **Store** unopened cans in a cool, dry place until ready to use.
- For **best quality**, unopened cans of tuna should be used within 36 months of receipt.
- After opening, store unused tuna in a covered container and refrigerate. Use within 3 days.

Menu Ideas

- **Breakfast:** Try tuna on an English muffin, whole wheat toast, or in scrambled eggs.
- **Lunch:** Add chunks of tuna and chopped vegetables to shredded lettuce. Or mix pineapple chunks, apple slices, grapes, and orange slices with nuts and plain yogurt to make a tuna-fruit salad.
- **Dinner:** Tuna can be made into a hot or cold main meal entree like hot tuna casserole or cold tuna macaroni salad.



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- For a new twist on an old favorite, add tuna to prepared macaroni and cheese.
- **Snack:** Spread tuna on whole wheat or rye crackers or use as a filling in pita bread.

Nutrition Information

- **Tuna** provides protein, iron, and niacin, as well as other vitamins and minerals.
- Compared to ground beef and chicken, tuna is lower in calories, fat, and cholesterol.
- 2 to 3 ounces of tuna or about 1/3 to 1/2 cup provides 1 serving from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP** of the Food Guide Pyramid.

(See recipes on reverse side)

Nutrition Facts

Serving size 3 ounces (85g)
drained water-packed tuna

Amount Per Serving

Calories	98	Fat Cal	6
% Daily Value*			
Total Fat	.6g		0%
Saturated Fat	.1g		0%
Cholesterol	25mg		8%
Sodium	287mg		11%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	21g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	7%

*Percent Daily Values are based on a
2,000 calorie diet.

Quick Tuna Spread

1 12-ounce can tuna in water, drained and flaked
1/3 cup sandwich spread (or 3 tablespoons sweet
pickle relish and 1/3 cup mayonnaise)

In a small bowl, mix tuna and sandwich spread.

Makes four (½ cup) servings

Serving Ideas: **Quick Tuna Spread** can be served in many different ways:

- as a **sandwich** using whole wheat bread
- as a **dip** using pita bread cut into triangles
- as a **snack** rolled up in a flour tortilla

Nutrition Information for each serving of Quick Tuna Spreads

Calories 167	Cholesterol 29 mg	Sugar 2 g	Calcium 9 mg
Calories from Fat 65	Sodium 518 mg	Protein 22 g	Iron 1.3 mg
Total Fat 7.0 g	Total Carbohydrate 4 g	Vitamin A 15 RE	
Saturated Fat 1.5 g	Dietary Fiber 0 g	Vitamin C 0 mg	

Tuna Melt Sandwich

1 12-ounce can tuna, drained and flaked
1 whole large egg
1/3 cup lowfat mayonnaise/mayonnaise
¼ teaspoon dry mustard
3 tablespoons minced fresh onion
½ cup finely diced celery
1/3 cup (5 ounces) shredded American cheese
5 English muffins, split

1. Hard-cook egg: place egg in small saucepan, cover with cold water. Bring to a boil, reduce heat and simmer, covered, for 10 minutes. Drain and cool in cold water. Peel and chop.
2. In a bowl, combine dry mustard and mayonnaise.
3. Stir in onions, celery, chopped egg, and drained tuna. Toss lightly to mix.
4. Mix in half of shredded cheese.
5. Lay out split English muffins onto a baking pan. Spread 1/4 cup of tuna salad to the edge of each muffin.
6. Sprinkle the top with 1 tablespoon of remaining shredded cheese.
7. Bake at 350° for 5 minutes until cheese is melted.

Makes 10 half-muffin servings

Nutrition Information for each serving of Tuna Melt Sandwich:

Calories 201	Cholesterol 56 mg	Sugar 1 g	Calcium 107 mg
Calories from Fat 76	Sodium 550 mg	Protein 15 g	Iron .8 mg
Total Fat 8.4 g	Total Carbohydrate 14 g	Vitamin A 50 RE	
Saturated Fat 3.5 g	Dietary Fiber 0 g	Vitamin C 0 mg	

These recipes, presented to you by USDA, have not been tested or standardized.

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